

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-18-07)

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A608 – BEEF, FINE GROUND, RAW, FROZEN, 10 LB



Nutrition Information

Beef, ground, crumbles, cooked, pan-browned

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Fine ground beef, vacuum packaged or packaged in casings and sealed. The average fat content is 15%, but may not be higher than 18% fat.
PACK/YIELD	<ul style="list-style-type: none"> 4/10 lb pkgs per case. One 10 lb pkg AP yields 7.40 lb cooked, drained lean meat and provides about 118.4 1-oz servings cooked, drained lean meat. One lb AP yields 0.74 lb cooked, drained lean meat and provides about 11.8 1-oz servings cooked, drained lean meat. CN Crediting: 1.36 oz raw meat when cooked provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store ground beef frozen, in the original shipping container off the floor at 0 °F or below. Refrigerate leftover beef covered and labeled in a dated container and use within 2 days Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none"> TO THAW: Thaw only the amount needed for one day's use. Remove ground beef from the container, keep in original wrapping, place on sheet pans and thaw in the refrigerator. Allow 1½ hours per lb for thawing. Cook to 155 °F for 15 seconds. Judge doneness by temperature, not color or texture of the food.

	15% fat 1 oz (28 g)	18% fat 1 oz (28 g)
Calories	73	76
Protein	7.86 g	7.73 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	4.34 g	4.73 g
Saturated Fat	1.65 g	1.79 g
Trans Fat	0.30 g	0.33 g
Cholesterol	25 mg	25 mg
Iron	0.83 mg	0.80 mg
Calcium	6 mg	7 mg
Sodium	25 mg	25 mg
Magnesium	7 mg	7 mg
Potassium	115 mg	114 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.13 mg	0.14 mg



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USES AND TIPS	<ul style="list-style-type: none">• Serve ground beef as patties or use in mixed dishes such as tacos, chili, meatloaf, lasagna, vegetable & beef casseroles, and spaghetti sauce. Use as a topping on pizza.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods.• Cook ground beef products to 155 °F for 15 seconds. Do not judge doneness by the color or texture of the food. The pink color in safely cooked meat is due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction.• Keep raw meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.• Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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